

“Love Your Heart”

Not many people realize that heart disease is the number one killer of women in the United States. In an effort to raise awareness of the dangers of heart disease for women, February 1st has been named “National Wear Red Day”. Not only are we inviting McMillan students to wear red on February 1st, we are also inviting them to recognize this important event by participating in at least 20 minutes of physical activity *with their families* between February 1st and February 3rd. The class with the largest participation will win extra PE time! If you choose to participate, please explain in the space provided below what type of physical activity your family participated in, and return this sheet to school on February 3rd.

This is what my family did to recognize
National Wear Red Day:

Student's Name:

Teacher:

